



EFFECT OF LEECH THERAPY ON VARICOSE VEINS (SIRAGRANTHI) - A CASE STUDY

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ABSTRACT Vein is said to be varicose when it is dilated, tortuous elongated. It appears long standing people like police, Drivers, older and obese people. According to Acharya Sushruta Siragata Vata is increased due to excess Vyama by Atihina person does that Sankocha Smpidya and Vritta in Vein and explained treatment as a Raktmokshana and Jalukavacharna in Avghadh and Pindita Rakta respectively. In Saliva of Jaluka Anticoagulant Hirudine which does lysis of thrombin and does help for proper circulations.

KEYWORDS : Siragranti (Varicose vein), Raktamokshana, Jalukavacharana.

INTRODUCTION:

The term varicose is derived from the Latin word 'varix' which means twisted. The prevalence rate of varicose vein in India is 15 to 20%. Varicose veins is the disease in which veins of the legs and feet become dilated, tortuous, and greenish in color due to excess accumulation of blood.

A case study of varicose vein had been taken for understanding the relevance of complaints presented by a 48-year old woman who had visited in the OPD of Dept. of Panchakarma in August 2018).

Case Report:-

- Shula (severe pain at left leg)
- Shotha (Swelling)
- Tortuosity
- Arakatavarnata

Varicosity is mostly resembling to Siragranti described in Sushruta Samhita Nidan Sthan^{11:8-9}

व्यायामजातैरबलस्य तैस्तैराक्षिप्य वायुर्हि सिराप्रतानम् ॥

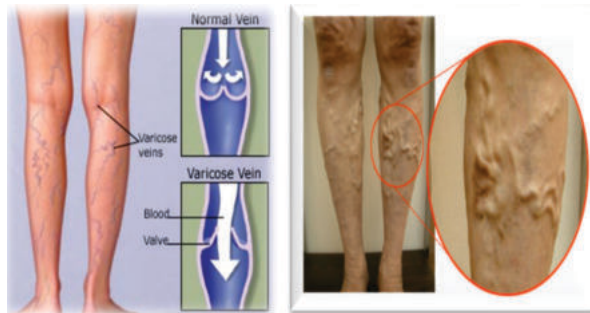
संपीड्य सङ्कोच्य विशोच्य चापि ग्रन्थिं करोत्युन्नतमाशु वृत्तम् ॥८॥

ग्रन्थिः सिराजः स तु कृच्छ्रसाध्यो भवेद्यदि स्यात् सरुजश्चलश्च ॥

अरुक् स एवाप्यचलो महाश्च मर्मोत्थितश्चापि विवर्जनीयः ॥९॥ सु. नि. ११

Source of data:

Bharati Vidyapeeth (DTU) college of Ayurved and Hospital, OPD of Dept. of Panchakarma.



They are dilated, tortuous, elongated veins of the leg and Reversal flow of blood due to faulty valve.

Materials:

- 1-2 Jalauka (for one setting).
- Haridra Churna.
- Cotton & gauze
- Kidney tray, needle
- Source of data: OPD of Dept. of Panchakarma

Methodology:

- Procedure:
- Preparation of patient-
- Cleaning of leg with plain water.
- Preparation of leeches -
- In kidney tray water was mixed with Haridra powder.
- Leeches are placed in this tray, so that they became very active. Kept in tray for 10 min.

Application of leeches-

- Leech is picked up applied over desired site. Wet gauze was kept over leech during sucking period. When it completed sucking it fell down automatically. Immediately took away for vomiting and cleaning

Observation of patient-

When process of Jalaukavacharana was in progress, observed carefully for local symptoms such as redness, itching, mild pain and blood letting stopped accordingly.

Care of wound-

As saliva of leech contains Hirudin an anticoagulant, even after actual blood letting bleeding continued for some considerable prolonged period. So care was taken. Wound was bandaged.

Care of the leeches-

Made leech to vomit by applying Haridra churna & by squeezing it slowly.

Schedule:

- Once in a week.
- Duration- one month.
- Follow up- Every week.

Observations and result:



Effect of Jalaukavacharana on Shula, Shotha, Arakatavarnata and Tortuosity:

Symptoms	1st setting	2nd setting	3rd setting	4th setting
Shula	20%	40%	60%	80%
Shotha	30%	50%	60%	90%
Arakatavarnata	20%	30%	40%	70%
Tortuosity	10%	30%	40%	60%

During one month of treatment patient underwent a gradual relief in the signs and symptoms. The overall reduction in symptoms like Shula, Shotha, Araktavarana and tortuosity were seen.

Contents of Saliva of Jalauka:

Hirudin	It inactivates thrombin, acts on factor Xa
Apyrase	It is a potent anti-platelet aggregant.
Collagenase	splits the collagen chain
A prostaglandin	generating an anti-aggregant substance.
Proteinase inhibitors	action obstructs the action of hirudin on blood coagulation, inhibitor of the coagulation factors, kallikrein and factor XIIa, it liquefies soluble fibrin, ability to lyse clots, lipolytic capacity (digestive role)
Bdellin, Eglin, Kallikrein inhibitor	
Proteinases, Destabilase	
Lipase and esterase	
Hyaluronidase	degrades hyaluronic acid, increasing the diffusion of all the active substances
A vasodilator substance	similar to histamine, play a vasodilator role during sucking.

DISCUSSION:-

According to Modern science Jalauka saliva contained several proteins serve as Anticoagulant such as Hirudin which is act as Vasodilator, proteinase inhibitor, it is also thought that the saliva containing an Anesthetics property, as Jalauka bites are generally painless.

Jalaukavacharana has two phases, active blood letting and passive bleeding from the Jalauka wound after detachment, which can last for several hours.

The small blood volumes removed by medicinal Jalaukas and the augment blood removal during the passive-bleeding phase of Jalaukavacharana results remarkably decrease in venous congestion in Varicose Vein.

CONCLUSION:-

Jalaukavacharan vidhi is Best remedy in Varicose vein.

The highly significant effect was found in varicose veins after Jalaukavacharan (leech therapy).

Jalaukavacharan (leech therapy) is considered best treatment for Siragranthi because Rakta (blood) is considered as one among the major Adhishthana (base) of vitiation of Varicose vein (Siragranthi).

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